

DRUGS AND ALCOHOL

Getting drunk or high before sex increases the chance you'll do something risky. Protect yourself by staying in control of your choices. If you think you have a drug or alcohol problem, counseling can help.

Sharing needles can transmit HIV. Needles pass infected blood from one person to another. Protect yourself.

- Don't share needles for speed, steroids or other drugs, or for piercing or tattooing.
- If you do use needles, clean them with bleach. Fill the syringe with bleach and squirt it out. Fill the syringe with water and squirt it out. Do this three times.

National AIDS Hotline: 1(800) 342-2437

Southern CA Hotline: 1(800) 922-2437

Northern CA Hotline: 1(800) 367-2437

DOUGLAS COUNTY AIDS PROJECT
UNITED WAY CENTER FOR HUMAN SERVICES
2518 RIDGE COURT, #244
LAWRENCE, KS 66046

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WHAT IS RISKY?

Some activities are definitely high risk for HIV infection. Anal, oral or vaginal sex without a condom is very risky for both partners, top and bottom.

Protect yourself and your partner. Use a condom every time.

WHAT IS SAFE?

There is a lot more to safer sex than just condoms. Many sexual practices are totally safe.

KISSING

Saliva has never been shown to transmit HIV. So kissing is safe, whether it's a peck on the cheek or "high impact aerobic French kissing."

MASSAGE AND HUGGING

Massage is not just foreplay. Touching can be warm and affectionate or erotic and exciting.

TALKING

You can talk about safer sex as a way to suggest your choices or fantasies. Or watch porn together and talk about what turns you on.

MASTURBATION

Masturbating yourself and your partner is safe if no cuts or sores on your skin come in contact with your partner's semen. Try different lubricants for a different feeling.

LICKING

Oral sex doesn't have to be limited to genitals. You can lick nipples, toes, earlobes and....

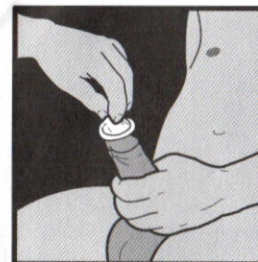
FANTASIES

Dress up. Use feathers. Or food. Tell stories. Use dildos or other toys. (Make sure you use a condom on them or wash them with soapy water.)

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HOW TO USE A CONDOM

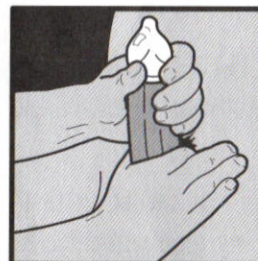
Become a condom expert. Practice with a few different brands, colors, and flavors. Learn to put them on in the dark. Then you'll be ready for safer sex!



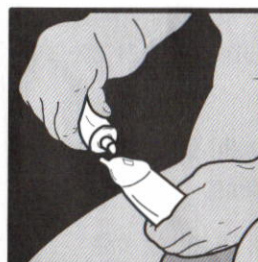
Put a drop of lubricant inside the tip. Remember, water-based lubes only.



Pinch a half inch space at the tip to leave room for semen before rolling the condom on the hard penis.



Hold the tip and unroll the condom all the way down to the base. Add plenty of lubricant on the outside of the condom.

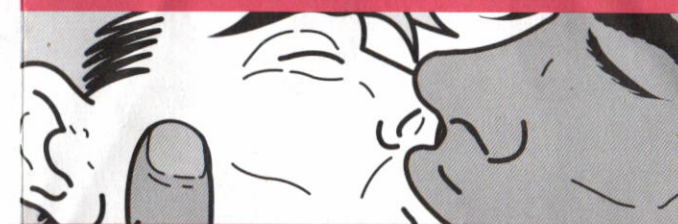


Some condoms and lubricants contain spermicides such as nonoxynol-9 for extra protection. Try nonoxynol-9 alone first, to see if you are allergic to it.

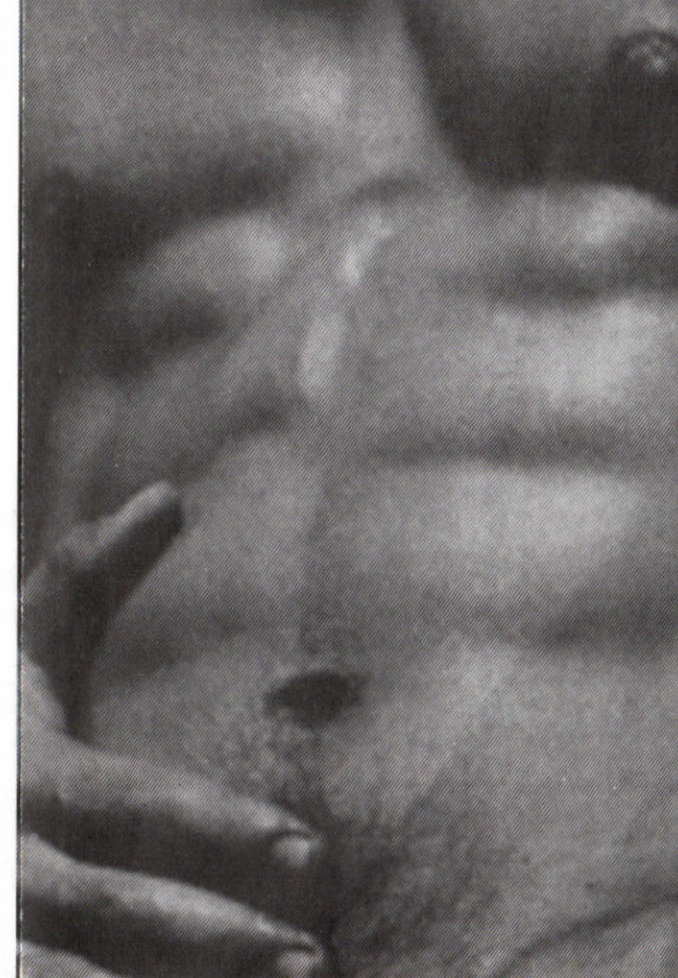
After coming (ejaculation) hold on to the condom when you pull out. Use a new condom each time.

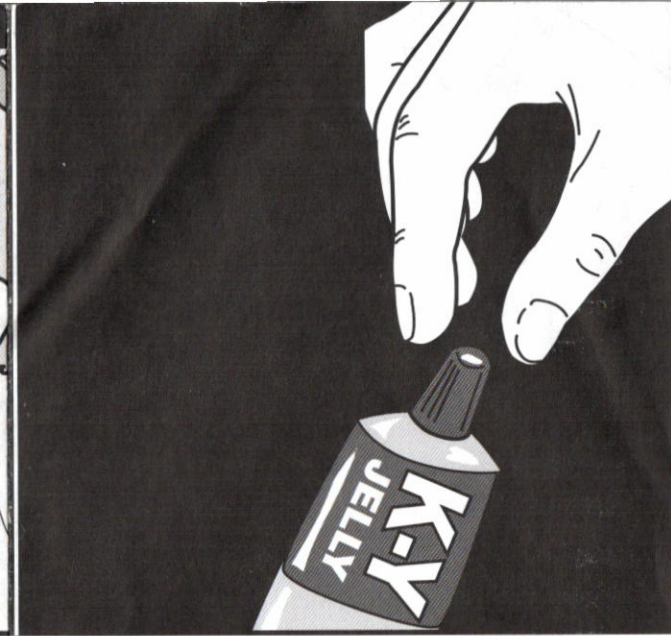
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Safer Sex



Can Be Fun!





SAFER SEX CAN BE FUN!

SAFER SEX CAN BE FUN.
WITH A LITTLE HUMOR AND IMAGINATION,
TALKING ABOUT IT CAN BE, TOO.

- HE SAYS:** You can't feel anything through a condom.
- YOU REPLY:** It sure feels better than sleeping alone.
It'll feel great when I put it on you.
- HE SAYS:** I usually have safer sex, but let's skip it just this once.
- YOU REPLY:** Practice makes perfect.
No glove, no love.
- HE SAYS:** Trust me. I'm safe.
- YOU REPLY:** Good. Let's keep it that way.
I want to be safe because I care about you.

1

IS ORAL SEX SAFE?
THAT'S A QUESTION WITH NO EASY ANSWER.

- Oral sex isn't the riskiest activity. But it's not 100% safe either. It's up to you to decide what your limits are and what's safe enough for you.
- Using a condom for oral sex is the safest. A little flavored lubricant or honey (or any food without oils) can spice things up.
- Oral sex is safer without ejaculation. But pre-cum contains HIV, too.
- Be aware of the state of your mouth. Bleeding gums or cuts can increase the risk of infection.
- In the absence of blood and open sores, rimming (oral-anal contact) is not very risky for HIV. But you can get hepatitis, gonorrhea or other sexually transmitted diseases.

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CONDOMS ARE RELIABLE, IF TREATED RIGHT.
BUT BE SURE TO WATCH OUT FOR:

- OILS:** Use only water-based lubricants like K-Y. Do not use lubes like Vaseline and Crisco. They contain oils, and oils weaken condoms.
- FINGERNAILS:** Watch out for fingernails when opening the condom package and unrolling the condom. Fingernails or teeth can weaken the condom.
- HEAT:** Keep condoms cool and dry, in a book bag or a dresser drawer. Condoms don't last long in wallets or glove compartments.
- NATURAL SKIN CONDOMS:** Use latex (rubber) condoms. Only latex condoms have been shown to stop HIV. Natural skin condoms are not good protection from HIV.

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YOU CAN'T TELL BY LOOKING
WHETHER YOUR PARTNER HAS **HIV.**
AND LOVE IS NO GUARANTEE.

- Whether you are gay, bisexual, straight, or unsure—young or old, single or in a relationship—safer sex is the best protection for both of you.
- How to have safer sex is an important, and hard, decision. If you and your partner are thinking about sex without condoms, answer the following questions together:
- Have we both been tested for HIV at least 6 months after any risky activity?
 - Have we talked about sex outside the relationship?
 - Do we trust each other enough to talk about whether we have had unsafe sex with someone else?
- If any of your answers are "no," condoms are good protection.

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